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Is This The First Time Bald Eagles Have Nested In Alameda County?



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Bald Eagles

Q: I read that a pair of bald eagles were nesting on a golf course in Alameda. Is this the first time that bald eagles have nested locally?

A: While it's impossible for us to know for certain, it does appear that this is the first time a pair of bald eagles have nested in this area of Alameda County in at least 50 years. However, our database shows one bald eagle nest in 2012 near Lake Chabot in Alameda County which successfully fledged one young, and in 2022 there was a confirmed bald eagle nest near Lake Del Valle in Alameda County.

What's significant about this pair of bald eagles is that the nest is in a highly urban area. Lake Chabot and Lake Del Valle are more typical eagle habitat.

Historically, bald eagles were widespread and abundant in California.

But by the late 1960s and early 1970s, when the bald eagle was listed as an endangered species under both the federal and California endangered species acts, fewer than 30 nesting pairs remained in California — all in the northern third of the state. The decline was largely attributed to exposure to DDT, a pesticide used to control mosquitoes and other insects. It was later determined that the pesticide and its residues were poisoning bald eagles by causing egg shell thinning which resulted in failed nesting attempts.

Restrictions on the use of DDT, plus nest protections and other conservation actions, resulted in a remarkable recovery. The bald eagle was removed from the federal list of endangered species in 2007 after having met recovery goals. However, the bald eagle is listed as endangered under the California

Endangered Species Act and designated as fully protected under California Fish and Game Code section 3511. It is also still federally protected under the Bald and Golden Eagle Protection Act.

"Part of what's exciting about the Alameda pair is the indication that environmental conditions in the historically highly polluted San Francisco Bay have improved enough to potentially support a nesting pair of bald eagles," said Dan Applebee, CDFW Conservation and Recovery Unit Supervisor.

For more information visit CDFW's bald eagle webpage.

Calendar of Events

Q: Does CDFW publish a calendar of events?

A: Yes, CDFW publishes a monthly news release featuring events that occur on lands we manage, conservation-oriented community activities, and notable dates related to hunting, fishing and conservation. You can find these releases by visiting our online newsroom and searching "calendar."

Resident Small Game

Q: Can I legally take a turkey with a bolt action .22 long rifle that uses Ruger 10-22 magazines? The factory magazine holds 10 rounds, and I would replace it with a single shot magazine.

A: No. Rifles are not a legal method of take for resident game birds. Authorized methods of take can be found in CDFW's Waterfowl and Upland Game hunting regulation booklet, pages 27-28. The ap-

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plicable regulation is California Code of Regulations, Title 14, section 31, which outlines methods authorized for taking resident small game.

Hawaiian Throw Nets

Q: I'd like some clarification on Hawaiian type throw nets. The regulations state that dip nets of any size and baited hoop nets not greater than 36 inches may be used to take herring, Pacific staghorn sculpin, shiner surfperch, surf smelt, topsmelt, anchovies, shrimp and squid. Does this mean there are no size restrictions for Hawaiian throw nets because they are different from dipnets and baited hoop nets?

A: Yes, but only north of Point Conception, Santa Barbara County. California Code of Regulations, Title 14, section 28.80 does not impose any size restrictions on Hawaiian type throw nets when using them to take herring, Pacific staghorn sculpin, shiner surfperch, surf smelt, topsmelt, anchovies, shrimp and squid. However, it would not be legal to use throw nets south of Point Conception. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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| 9 | | | | 8 | 1 | | | 2 |
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Northcoast Children's Services

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TEACHER, McKinleyville

Responsible for development & implementation of classroom activities—provide support and supervision for a toddler program. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and one-yr. exp. teaching in a toddler setting. P/T position: 25 hrs./wk. \$18.44-\$20.33/hr. **Open Until Filled.**

TEACHER, Eureka

Responsible for development & implementation of classroom activities—providing support and supervision for a toddler program. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have one-yr. experience teaching in a toddler setting. F/T position: 36 hrs./wk. \$18.44-\$20.33/hr. **Open Until Filled.**

TEAM TEACHER, Crescent City

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/

Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have one-yr. experience teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$18.69-\$19.62/hr. **Open Until Filled.**

ASSISTANT TEACHERS, (Various Programs/Locations)

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' exp. working w/ children. P/T 17-27 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

INTERPRETERS, Eureka, Fortuna

Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual Spanish required. Must have 6 months' experience working with children and families. Prefer 6-12 units in Early Childhood Education. P/T 12-20 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

ASSISTANT COOK, McKinleyville

Lead dishwasher for a preschool kitchen. Additional duties include assisting in food prep (breakfast, lunch & snack), & organizing food for family style meal service in classrooms. Set up & clean-up of classroom meal service & maintaining a clean kitchen. Req. basic cooking skills. Prior exp. in food handling & service desired. Lead cook on Fridays. P/T 28 hrs./wk. (M-F) \$15.88 per hour. **Open Until Filled.**

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Submit applications to:

Northcoast Children's Services

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For addtl info & application please call 707- 822-7206 or visit our website at

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Northcoast Children's Services

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GARDENING



Multi-layered plant stands, like this crisscross design, allow you to showcase many plants in a small space. Photo courtesy of Gardener's Supply Company/gardeners.com

Beautify your Home with a Bit of Greenery

by Melinda Myers

WHETHER YOU WANT to create a tropical oasis indoors or dress up your décor, plants are the answer. A few plants set on the floor, hanging from the ceiling, or displayed on a table can beautify any room, boost your mood, and reduce stress.

Select plants suited to the growing conditions and your gardening style. This reduces ongoing maintenance and increases your growing success. If you tend to overwater, look for plants that thrive in moist soil conditions. Grow more drought-tolerant plants if you are a gardener that tends to underwater. Check plant tags for tips on light and

water needs.

Use large floor plants to create a focal point, provide height and balance in the room and brighten bare walls. Fiddle leaf and weeping figs, rubber plants, dragon trees (*Dracaena marginata*), and palms are a few popular plants available as indoor trees. Set them on a plant caddy to protect your floors. This also makes it easier to move them for cleaning and maintenance.

Large plants and indoor trees are often pictured far from a window or placed in a dark corner of the room. Make sure the plants receive sufficient

CONTINUED ON PAGE 8 →



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Bit of Greenery

← CONTINUED FROM PAGE 6

light or supplement natural light with attractive energy-efficient plant lights like the Alden Grow Lamp with a full spectrum LED bulb to help keep them healthy and looking their best.

Hang trailing plants like pothos, philodendrons, ivy and others from the ceiling, in front of windows, or set them on shelves. The cascading foliage provides a bit of screening and softens hard surfaces for a cozier look and feel. Elevating plants also helps keep them away from curious pets and children.

Dress up any room, small or large, with wall-mounted planters like the Kira Grow Light Hanging Planter with a built-in light or the Triple Wall Planter or Wall Shelf with Planter. Plant-filled wall planters serve as living art, providing added color, texture and form to any blank space.

Use plant stands like the Crisscross Cascading Plant Stand to expand your indoor garden to various levels throughout the house. Furniture grade and multifunctional stands like the Mobile LED Grow Light Cart (gardeners.com) allow you to maximize the function and growing space in your home.

Brighten any room with colorful and flowering plants. Crotons, prayer plants, dracaenas and philodendrons are just a few indoor plants with colorful leaves. Grow peace lilies, anthuriums, bromeliads, and moth orchids for a bit of floral beauty.

Boost the renewal powers of a good night's sleep by including a few plants in your bedroom. The added greenery can create a sense of calm. The oxygen and boost in humidity the plants provide are

also beneficial.

Elevate your bathroom to spa level with some greenery. The humidity in the bathroom is great for ferns, air plants, prayer plants, and a variety of other tropical plants. You'll enjoy this splash of greenery when stepping out of the shower or tub.

Add a few plants to your home office. Looking at and tending plants can help increase focus and creativity.

Containers are an important part of your indoor garden. They should contain drainage holes to reduce the risk of soggy soil and root rot. Self-watering pots help take the guesswork out of watering, reduce maintenance, and for many will increase gardening success. No need to have matching pots but consider using those made from similar materials and design elements. This helps provide unity throughout your indoor garden and home's décor.

Start your plant makeovers one room at a time. Just like any home decorating project, dividing it into smaller tasks is easier on the budget and makes the process less overwhelming. ♦

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her website is www.MelindaMyers.com.



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How to Be a Nurturing Plant Parent in 3 Easy Steps



Courtesy of @thatsbriannab

(STATEPOINT) Plants add color, life and vibrancy to your home's indoor and outdoor spaces and can even improve indoor air quality. However, if you are new to plant ownership, you may be wondering how to make your foliage thrive. Here's are three tips for healthier plants:

1. Make a move: Many plants that do well outdoors in the warmer months can't tolerate the cold. So don't wait for subfreezing temperatures to bring planters indoors for the season. Be sure to give your newly-transported plants the right amount of light. This may require using special grow lights. Keep in mind though that different types of plants thrive better with different color spectrums and intensities, so group plants under the right lights accordingly. If your indoor air is dry in winter, you may find that misting the leaves of your warm climate and tropical plants will help provide needed humidity.

2. Prevent pests: Unfortunately, keeping houseplants often attracts insects that can harm them and bug you. But there are steps you can take to prevent a pest problem in your home. One important thing you can do is to be sure you are not overwatering plants. Too much water in effect drowns plants. It can also create standing water that becomes a breeding ground for flying insects. You can also provide round-the-clock protection from

fruit flies, gnats and flies by plugging a Zevo Flying Insect Trap into a regular outlet near your plants and wherever flying insects enter your home or gather. Rather than chemical insecticides, the traps use multi-spectrum light technology to attract flying bugs into a discreet glue sheet cartridge. When the cartridge is full, replace it and toss the used one without ever having to touch a dead bug. To learn more, visit zevoinsect.com.

3. Know your lifestyle and limitations: There are many plant species that while beautiful, don't require much care. So, if you're new to owning plants,

consider starting out with lower-maintenance options, such as succulents or snake plants. Because these plants don't need much water, they are also great options for those who travel frequently or those who are simply forgetful. Have furry friends? Always check whether a given plant is toxic to pets before bringing one home.

Having a green thumb can seem like magic. However, with the right tools and knowledge, anyone can become a nurturing plant parent. ♦

ROUND TREE GLASS, INC.

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Bring Your Family Together with Breakfast for Dinner



FamilyFeatures.net

(FAMILY FEATURES) Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize.

If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in

"Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

Nonstick cooking spray
1 ½ cups liquid egg whites
1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
4 whole-wheat tortillas (6 inches, lowest sodium available)
2 medium avocados, sliced
1/4 cup hot sauce or salsa (lowest so-

dium available, optional)

Lightly spray large skillet with non-stick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

¼ cup uncooked quinoa, rinsed and drained
2 medium tomatoes, chopped (about 2 cups)
1 cup no-salt-added frozen corn, thawed
½ medium avocado, pitted and diced
¼ cup chopped green onions

½ cup chopped fresh cilantro (optional)
 nonstick cooking spray
 4 large eggs
 ⅛ teaspoon salt
 ¼ teaspoon pepper
 red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle with hot sauce, if desired. ♦

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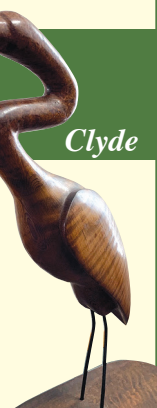
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Go-To Baby Shower Gift Ideas

(STATEPOINT) Looking for the perfect baby shower gift? A few go-to ideas can make welcoming little ones into the world a breeze. Here are some creative ones to consider:

• **Cute, Cuddly and Customizable:**

Making perfect friends for little ones, My Pal Scout and My Pal Violet Smarty Paws from LeapFrog are no ordinary stuffed animals. Their touch-sensitive front paws feature sensors that activate silly reactions, music, games and mindfulness exercises to introduce cause and effect, and touching their ears plays more than 40 songs, lullabies, melodies, games and activities. Best of all, this is a gift that can be personalized for a new baby by

programming Scout and Violet with the child's name, favorite foods, colors and animals. Introducing children to first words, counting, and feelings and emotions, they'll even teach a child how to spell their own name. With a nighttime mode that soothes little ones to sleep with lullabies, this thoughtful gift helps to promote restful nights for parents and babies alike.

• **Memories, milestones and me-**

mentos: For parents who are crafty, sentimental or who love preserving family history in a tangible way, consider a scrapbooking kit designed to document a baby's first year. From first words to first solid foods, parents will be able to memorialize every milestone creatively. And with so many designs available, you're sure to find one in a style your recipients will love.



• **Easy clean-up and travel:** New parents will have their hands full, so anything to make clean-up easier will be appreciated. Play&Go toy storage bags are durable drawstring playmats that make it easy to transport toys and tidy up. Available in a range of colors and styles, they make a great addition to nurseries and playrooms.

• **Practical and prepared:** As many parents soon discover, it's never too early to start a college savings fund. Ask the parents-to-be if they plan to open a 529 plan for their future scholar. These plans grow tax-free, and withdrawals used for qualified educational expenses are also untaxed, making this a smart, practical and meaningful way to celebrate a newborn.

Coming up with unique gift ideas for every occasion can be challenging. But having a few ready-to-go items that are cute, thoughtful and customizable to the recipient will make preparing for each baby shower simple. ♦



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4 Tips for Integrating Nature Into Your Interior Design

(STATEPOINT) This spring home improvement season, get inspired by the outdoors with biophilic design.

“Biophilic design — the concept of integrating nature into interior design — is not only gorgeous, it fosters a healthy living environment, promotes happiness and comfort, and reduces stress,” says Jennifer Kline, multimedia graphic artist at ProVia. “There are many ways to reap these wellness benefits while adding vitality to your living spaces.”

To connect to the natural world within your home, consider these ideas:

Foster Tranquility

Taking a stroll through the forest can summon feelings of tranquility. Capture this inner peace at home from the moment you step inside with a fiberglass woodgrain entry door. Those from ProVia provide authentic-looking woodgrain textures, such as oak, cherry, mahogany, knotty alder and fir, and can accommodate various door glass enhancements. Engineered for energy efficiency, they’re also a sustainable choice, helping you protect the natural world as you embrace its splendor. Other design choices, such as exposed rustic ceiling timbers, rich hardwood furniture, warm hardwood floors and vinyl woodgrain windows can help you carry the forest motif throughout the home, while imbuing interiors with richness and warmth.

Let Light In

“If you’re lacking natural light, it’s time to open those blinds and drapes and let the sunlight stream through your windows. It may also be time to consider a few enhancements that will help you enjoy more sunshine and observe

your natural surroundings, even when you can’t be outdoors,” says Kline.

For kitchens and breakfast nooks, bathrooms and dens, consider vinyl garden windows, which invite more light into your space and include shelves ideal for housing indoor plants, such as fragrant herbs. Their three-dimensional design helps give rooms an airy, spacious feel. Family rooms and bedrooms are great locations for vinyl picture windows, which let in large amounts of light while providing unobstructed views of outdoor scenery. Need inspiration? Visit ProVia’s Window Photo Gallery at www.provia.com/windows.

To brighten your foyer, add an entry door with glass. Energy efficient sliding glass patio doors also let in sunlight, and give you the option to invite fresh air into your home or enjoy the melodies of singing birds on nice days. Skylights can flood small or closed-off spaces such as walk-in closets or bathrooms with light and give you views of blue skies.

Let it Grow

To give your home a welcoming, fresh feel, add various houseplants and indulge in fresh-cut flowers. A windowsill with small plants of varying shades of green can add texture, while larger potted plants near doorways help guests feel welcome. Fill dark, underutilized



StatePoint.net

spaces with taller plants and place bright, lightly-scented garden flowers in such spots as the kitchen island and coffee tables. Use earthen or wood-carved vases for additional warmth.

Create Drama

From the warm brown tones of a picturesque southwestern mesa to the cool, earthy feel of quarried rock, manufactured stone veneer adds rugged texture, intriguing patterns and shapes, and a variety of hues straight from Earth’s natural color palette.

Whether you’re creating a focal point in a bedroom with an accent wall, adding character to your kitchen with a stone veneer backsplash, surrounding a tub with stone veneer for a spa-like bathroom, or highlighting your fireplace, different stone profiles and grout colors can help you customize the look. Experiment with combinations using ProVia’s visualizer tool found at provia.com/stone/grout-visualizer.

“Incorporating biophilic elements into your interior design can transform your home into a warm respite from your busy life,” says Kline. ♦

Top 5 Smartphone Features You Can't Live Without

(STATEPOINT) Smartphones are our life-line — we use them to connect us to just about everything and everyone in our world. Americans check their phones an average of 344 times a day — once every four minutes — according to a 2022 Review.org survey. But when was the last time you upgraded your phone? If it's been more than two years, you may be missing out on some of the latest tech upgrades. Here are five must-have fea-



© Marina Demidiuk / iStock via Getty Images Plus

tures to consider when shopping for a new smartphone:

• **Battery Life:** When it comes to battery life, you may not realize what you've been missing out on until you start using your new phone. A decade ago,

smartphone battery capacity ranged from 1560mAh to 3200mAh, according to findings from Android Authority. Today, that capacity typically ranges from 4000mAh to 5000mAh, with some batteries as large as 6000mAh. And, the

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latest development of USB-C ports has allowed for faster charging capabilities, charging a near dead phone in just 30 minutes. Look for phones with fast charging technology, from 15W to 20W, and wireless charging options.

- **Phone Storage:** Storage matters, especially if you're a business owner, gaming enthusiast or social media influencer. Read-Only Memory (ROM), the internal main storage on your phone, allows you to store media, files and games, and ranges anywhere from 64GB to 128GB, even 256GB and higher in some of the latest models. Random Access Memory (RAM) is used for short-term data like apps, photos and videos. The more RAM you have, the more multitasking you can do. When purchasing a new phone, look for at least 6GB to 8GB of RAM and 128GB of ROM.

- **Camera:** Phones have nearly replaced traditional cameras, with 90% of people using only their smartphones to take photos versus digital cameras, ac-

cording to 3D Insider. If you're an avid photo taker, make sure your new phone features editing software, a variety of camera lenses, like ultra-wide and telephoto, and special functions like night mode to optimize lighting.

- **Network:** How you stay connected is an important decision. The latest deals can help you select a phone and wireless provider. For example, Samsung just unveiled its latest Galaxy S23 lineup, and T-Mobile is the only provider that can light up 5G standalone three-carrier aggregation, unleashing faster speeds and better responsiveness for some of the newest 5G smartphones — 16 percent faster speeds on average than phones without it. And switching to what studies have shown is America's largest, fastest and most reliable 5G network comes with perks. New customers can get \$200 off via a virtual prepaid card (allow 8 weeks) for each line they switch to T-Mobile — that's \$800 off for a family of four. And paired with T-Mobile's

offer to save \$800 on the new Samsung Galaxy S23 lineup via bill credits when they choose the Magenta Max plan, that family gets four new phones and saves a total of \$4000. To learn more about Samsung's latest Galaxy S23 Series lineup, visit www.t-mobile.com/cell-phones/brand/samsung.

- **Security:** Gone are the days of remembering a PIN or typing in a password to safely access your phone's data. Biometric security features like fingerprint, facial or voice recognition are crucial for keeping your private data secure. Most new smartphones feature in-display fingerprint screening and facial recognition, and more institutions like online banking apps are using this method now over passwords.

Other important deciding factors include overall phone display, size and water resistance. Priorities may vary from person to person, but selecting what's important for your new smartphone is something only you can determine. ♦

It's coming.

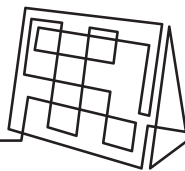
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Calendar

March 23 - April 6, 2023



Virtual World

ARTS & CULTURE

Eel River Arundo Eradication Project Virtual Outreach Event. Mon., April 3, 12-1 p.m. A virtual discussion about non-native invasive species. Guest speakers: Kerry M. Byrne and Michelle Forys. Free. alyssa@erwig.org. erwig.org/events.html. (209) 743-9159.

Equity Arcata's Community Book Club. First Monday of every month, 4-6 p.m. Virtual World, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocinocounty.org.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

350 Humboldt. Fourth Thursday of every month, 6 p.m. Virtual World, Online. The local grassroots climate action group holds its general meetings on the fourth Thursday of every month on Zoom. Get Zoom info online. actionnetwork.org/events/350-humboldt-general-meeting.

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. english-expressempowered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the

Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People.

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

Del Norte County

ARTS & CULTURE

Cut it Like the Kings. Fri., March 24, 8 p.m. Port O'Pints Brewing Co., 1215 Northcrest Drive, Crescent City. Get ready to dance the night away.

Gabriel and Ross. Sat., March 25, 8 p.m. Port O'Pints Brewing Co., 1215 Northcrest Drive, Crescent City. From rock to reggae, they keep you moving.

The WayOuts. Fri., March 31, 8 p.m. Port O'Pints Brewing Co., 1215 Northcrest Drive, Crescent City. This new band with local amazing talent will keep the dance floor packed.

ZZ Tush. Sat., April 1, 8 p.m. Elk Valley Casino, 2500 Howland Hill Rd., Crescent City. ZZ Top tribute band. They got the moves, the music, the beards, the shades and the furry guitars. \$20.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

ARTS & CULTURE

Ascend Mountain Prom 2023. Sat., March 25,

6 p.m. Veterans Memorial Hall - Weaverville, 101 Memorial Lane. Dance the night away to current and nostalgic feel-good hits, sip on local beverages, participate in or watch the lip sync competition. Let's Roll Food Truck on site. Family friendly. \$25, \$20 advance. MountainProm2023.eventbrite.com.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main Street (State Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Anna Hamilton. Thu., March 23, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Hot vocals, burning guitar licks and solid original tunes. Free.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Come for the conversation and bring your own project be provided with materials and instruction for one for an additional fee. Sign up and this month's project online. \$22. stainedghost.com.

Arts Alive. First Saturday of every month, 6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Free. eurekamainstreet.org. (707) 442-9054.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Bill and Jillian Nershi featuring Jason Hann. Sun., April 2, 7-10 p.m. Trinidad Town Hall, 409 Trinity St. Guitarist and co-founder of The String Cheese Incident, Bill Nershi, and wife Jillian Nershi, join together as a duo of harmonies and driving acoustic guitar. \$25. info@trinidadlighthousegrill.com. (707) 845-6242.

Bingo and Beer. Wed., April 5, 6-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Join host Davey G every other

Wednesday for this family-friendly game of numbers. Get one card free and additional cards with food and drink orders. Free. family@gyppto.com. gyppto.com/calendar-of-events. (707) 986-7700.

Bored Games. Thursdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Every Thursday night we pull out the board games and it's free play. Snacks, drinks and laughs. All ages w/caution for language. Age 21 and up w/ID to drink. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Comedy Humboldt Open Mic. First Thursday of every month, 8-10 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Tell your jokes.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocio Cristal and Maria Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Daniel Nickerson. Thu., March 30, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka.

Singer and multi-instrumentalist who plays a variety of rock, soul, country, and jazz and takes requests from audiences on a home-made jukebox. Free.

Dreams On Fire. Fri., March 31, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Buckle into your seat to enjoy some melodic indie-arthouse, space-rock from a local favorite. family@gyppto.com. www.gyppto.com. (707) 986-7700.

Eureka High Players present: City of Angels. Thu., March 23, 7:30-10 p.m., Fri., March 24, 7:30-10 p.m., Sat., March 25, 2-4:30 & 7:30-10 p.m. and Sun., March 26, 2-4:30 p.m. Redwood Curtain Theatre, 220 First St., Eureka. A satirical musical comedy that looks at Hollywood through the eyes of a successful writer who is adapting his latest novel into a film. \$15, \$10 students. nelsont@eurekacityschools.org to reserve tickets. redwoodcurtain.com. (707) 441-2537.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

John Morovich. Sat., April 1, 3:30-10 p.m. Synopsis Union, 1675 Union St., Eureka. John Morovich, instructor and performer of traditional music of Croatia, teaches classes in singing, instrumental music and dancing. The Saturday dance party features live music by John Morovich, Chubritza International Folk Band and friends. \$10-\$25 sliding.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for updates on who's playing. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary.

CONTINUED ON NEXT PAGE →

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www.humboldtcountyfair.org

Calendar

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Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Monthly Sing-along. First Thursday of every month, 7-9:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Sing your favorite folk, pop and rock songs of the '60s and '70s. Songbooks provided. \$3. joel@asis.com. (707) 407-6496.

Open Mic Night. Mondays-Sundays, 9 p.m.-midnight. Central Station Sports Bar, 1631 Central Ave., McKinleyville. Signup begins 8:40 p.m. Open to all types of expression: music, poetry, etc. No cover, tips appreciated.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10

p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeak-easybar@yahoo.com. facebook.com/speak-easyeureka. (707) 444-2244.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Radium Girls. Fri., March 24, 7:30 p.m., Sat., March 25, 7:30 p.m., Sun., March 26, 2 p.m., Thu., March 30, 7:30 p.m., Sat., April 1, 7:30 p.m. and Sun., April 2, 7:30 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Inspired by a true story, this drama traces the efforts of a luminous watch dial painter who falls ill and fights for her day in court. \$10, \$5 seniors/students, free for Cal Poly Students w/ID.

Ray Bevatori and Michael Curran. Fri., March 24, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. From Hank to Hendrix, they'll serenade you through happy-to-lonesome songs. Acoustic

melodies inspired by the music of the '60s. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Renaissance Church. Sun., March 26, 12:30-1:30 p.m. Body High Pole Dance, 445 I St, Arcata. Full body workout and stretch to the *Renaissance* album by Beyoncé. All dance levels invited to join in on easy to follow hip hop, dancehall and ballroom routines. With Mo Desir. \$5 suggested donation. Admin@MoHDCreates.com. mohdcreates.com/schedule-of-events. (707) 633-3137.

Sci-Fi Night: Tremors (1990). Wed., March 29, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:20 p.m. Main feature at 7:25 p.m. Rated PG. All ages (12 and under parental guidance suggested). Camp monster movie set in a small, isolated desert town. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/1201084990782300. (707) 613-3030.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Talladega Nights: The Ballad of Ricky Bobby (2006). Sun., March 26, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. A hotshot driver who dominates the racing world meets his match in a flamboyant French Formula One driver. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/585144813463344. (707) 613-3030.

The Garbervillians. Sat., April 1, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive,

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Shelter Cove. The Southern Humboldt rock band plays original songs covering multiple genres. Free. family@gypgo.com. www.gypgo.com. (707) 986-7700.

The Sirens Sessions: Open Jam. Tuesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Big open jam night with a lot of musicians. sirensongtavern.com.

Thinkin' & Drinkin'. Tue., March 28, 6-8 p.m. Gypgo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Humorous trivia with David Gilchrist. family@gypgo.com. gypgo.com/calendar-of-events. (707) 986-7700.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a hilarious stand up open mic with different comedians. Free. sirensongtavern.com.

LIFESTYLE & COMMUNITY

Abbey of the Redwoods Flea Market. First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

Adult Skate Night. Fri., March 31, 6:30-9 p.m. Eureka Municipal Auditorium, 1120 F St. Ages 18 and up. First-come, first-served. No pre-registration needed. Maximum 75 skaters. \$6.

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. 18 and older only. IDs checked at door. Alcohol and drug-free event. \$5.50, includes skate rental.

Arcata Plaza Farmers Market. Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Enjoy music (during the main season) and hot food vendors at this family-friendly event. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcatapla.html. (707) 441-9999.

Audubon Guided Field Trip w/Ken Burton. Sat., March 25, 8 a.m.-noon. City of Ferndale, Ferndale. Join Burton for a beginning-of-spring field trip in Ferndale Bottoms and birding hotspots, primarily by car. Meet in

CONTINUED ON NEXT PAGE →




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Calendar

← CONTINUED FROM PREVIOUS PAGE

the large parking area between Fernbridge Café and Fernbridge Street, Fernbridge. Be prepared to carpool. Contact if you want to carpool to Fernbridge. Free. shrikethree@gmail.com. rras.org. (707) 499-1146.

Audubon Guided Field Trip w/Michael

Morris. Sat., March 25, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Morris at the end of South I Street (Klopp Lake) for easy-to-walk trails and an opportunity to view a diverse range of overwintering shorebirds and soon-to-be nesting resident songbirds. Free. rras.org.

Audubon Guided Field Trip. Sat., March 25, 8:30-11 a.m. Southern Humboldt Community Park, 1144 Sprowel Creek Road, Garberville. This walk includes 2-3 miles of gentle walking through riparian, grassland and mixed hardwood forests with bird species varying by season. Meet at the Tooby Park parking lot in Garberville. Free. www.rras.org.

Bingo Night. Fourth Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ing! Free. (707) 269-7143.

Community Stewardship Day. Fourth Sunday of every month, 10 a.m.-1 p.m. Seawood Cape Preserve, 2265 Patricks Point Drive, Trinidad. Remove invasive plant species at Seawood Cape Preserve. Wear long sleeves, pants, hats and sturdy shoes, and bring water. Register online. Free. seawoodcapepreserve@wildlandsconservancy.org. Seawood-Cape-Preserve_Community-Stewardship-Days.eventbrite.com. (707) 633-9132.

Entrepreneur's Club of Arcata. First Monday of every month, 4-5 p.m. Northtown Coffee, 1603 G St., Arcata. Share your ideas. Learn business skills. Network. Open to all. Free. (925) 214-8099.

Family Fun Series. Sat., March 25, 2 & 7 p.m. Arcata Playhouse, 1251 Ninth St. In the Year of the Boar and Jackie Robinson. arcataplayhouse.org.

Friends of the Eel River Open House. Wed., March 29, 5-8 p.m. Synopsis Union, 1675 Union St., Eureka. Friends of the Eel River shares updates on its work. Plus live music by Ponies of Harmony, drinks and appetizers. Free, donations accepted. foer@eelriver.org. (707) 798-6345.

Humboldt Flea Market. First Sunday of ev-

ery month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Masks and safe social distancing required. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for kids under 13.

Humboldt Grange Breakfast. Fourth Saturday of every month, 8-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Eggs, sausage (link or patties), pancakes, biscuits and gravy, coffee, tea, cocoa, juice, family, friends and community. Dine in or take out. \$10, free for kids under 5. facebook.com/humboldt.grange.

Humboldt Stamp Collectors' Club. Fourth Tuesday of every month, 6-8 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. New collectors and experts welcome. Learn about stamps, collecting and see local experts in stamps share their collections. Free. humstampclub@gmail.com.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Knights of Columbus Pancake Breakfast. First Sunday of every month, 8:30 a.m.-noon. St. Bernard Church, 615 H St., Eureka. First Sunday of the month pancake breakfast. In the parish hall. \$10 adults, \$4 children.

Look Closer and Make Connections.

Tuesdays-Saturdays, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including a grizzly bear specimen, Discovery Boxes, microscopes, puzzles, scavenger hunts and more. \$3. natmus@humboldt.edu. humboldt.edu.natmus.humboldt.edu. (707) 826-4479.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

Richardson Grove State Park Winter Walks. Sat., March 25, 11:30 a.m.-12:30 p.m. Richardson Grove State Park

Visitor's Center, 1600 U.S. Highway 101 #8, Garberville. A guided walk with information about the park's cultural and natural history. Bring comfortable walking shoes, water and maybe a rain jacket. Walks are 0.5 miles long and about one hour on an ADA trail on Exhibit Trail or Nature Loop. Free.

Skate Night. Fri., March 24, 6:30-9 p.m. Eureka Municipal Auditorium, 1120 F St. All ages. First-come, first-served. No pre-registration needed. Maximum 75 skaters. \$6, \$5 for ages 17 and under.

Sunday Springles Disc Golf League. Sundays, 12-3:30 p.m. Beau Pre DiscGolfPark at the Beau Pre Golf Course, 1777 Norton Road, McKinleyville. Flex-start PDGA sanctioned disc golf league. Six-week series. Play in any or all of the weeks. All PDGA divisions available. You do not need to be a PDGA member to play. Book a tee time with the Pro Shop. \$10 buy-in. beauprediscgolf@gmail.com. instagram.com/beauprediscgolf/. (707) 839-2342.

Tubman-Douglass Freedom Festival. Sat., March 25. Eureka Library, 1313 Third St. This event is in recognition of the work Tubman and Douglass, two iconic heroes, accomplished through their fight for freedom and the legacy of Black Americans. humlib.org.

Walk in the Park Fitness. Saturdays, 10-11 a.m. Sacco Amphitheater, 1101 Waterfront Drive, Eureka. Join Samantha from Eden Personal Fitness for a functional fitness walk down Waterfront Trail. All fitness levels welcome. Dress for the weather. Free. edenpersonalfitness@gmail.com. edenpersonalfitness.com. (707) 362-9004.

Wigi Wetlands Volunteer Workday. Sat., March 25, 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create bird-friendly native habitats and restore a section of the bay trail by removing invasive plants and trash. Meet in the parking lot behind Walmart. Tools, gloves and packaged snacks provided. Please bring your own drinking water. Free. jeremy.cashen@yahoo.com. rras.org. (214) 605-7368.

Women & Girls' Birding Trip. Sun., March 26, 6:30-9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join trip leader Denise Seeger for a sunrise walk at the Humboldt Bay National Wildlife Refuge. Meet at the Visitor Center to walk the Shorebird Loop Trail to hear and hopefully see, hundreds, if not thousands, of Aleutian Cackling Geese lift off their nighttime roosts. Free. www.rras.org.

NIGHTLIFE

'60s Dance Party. Sat., March 25, 6-9 p.m. Clarke Historical Museum, Third and E streets, Eureka. Put on your favorite retro threads and dance to the sounds of the '60s spun by DJ East One. Enjoy complimentary snacks and a raffle, retro cocktails and other beverages for purchase. Benefits the Clarke Museum. \$20-\$25. dana.f@clarkemuseum.org. clarkemuseum.org/60s-dance-party.html. (707) 443-1947.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Science on Tap. First Wednesday of every month, 6-7:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Education can be fun! Come and drink some beer and hear a local professor blind you with science. Free. blondiesfoodanddrink.com.

Throw 'Em Back Thursdays. First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Trivia Night. First Monday of every month, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Mendocino County

ARTS & CULTURE

Home, I'm Darling. Thursdays-Saturdays, 7:30 p.m. and Sundays. Mendocino Theatre Company, 45200 Little Lake St. Judy and Johnny have re-created their lives into the ultimate, nostalgic fantasy of the 1950s picture perfect domesticity. But when cracks begin to appear in the fantasy, Judy must face the more realistic underpinnings of love and marriage. \$10-\$18. www.mendocinotheatre.org.

Mendocino Community Jam. First Sunday

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Calendar

← CONTINUED FROM PREVIOUS PAGE

of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. gardenbythesea.org.

LIFESTYLE & COMMUNITY

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah. ♦

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HOME COUNTRY

By Slim Randles



HERB GRACIOUSLY SPREAD his right arm around the table, indicating to Loretta that all his friends needed their coffee cups topped off. She would've done it anyway, of course, but this made him look ... generous.

"I've been reading up," said Herb Collins, who had retired from his pawn shop but not from reading up, "and I learned a thing or two."

We settled back, in what we considered a learned and curious pose. We probably weren't, though.

For the more forward-looking members of the World Dilemma Think Tank at the Mule Barn coffee shop, learning from Herb's habit of reading up sometimes was entertaining, if not always educational.

"How many of you fellas ever heard of Babe Ruth?" We all raised our hands.

"Now how many of you fellas ever heard of Carl Ditters von Dittersdorff?"

There was a paucity of paws in the air.

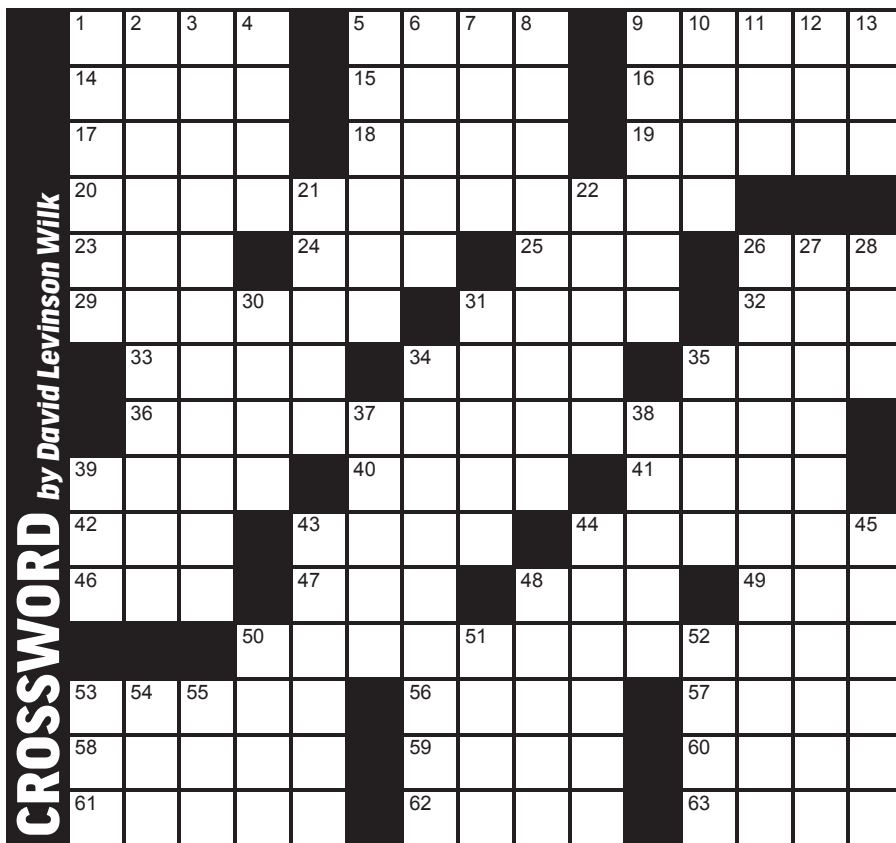
"He was born way-back sometime in a suburb of Vienna, and started out life as Johann Carl Ditters. But through the years, and because his compositions needed publicity, and his friends didn't think his name was impressive enough, he coagulated his name into what it now says on the billboard at the opera house."

"And you read up on this by yourself?"

"Sure did, Doc. Now ol' Carl made a bunch of friends who were musical and had weird names, too. Used to hang around with Christof Willibald Gluck. Name like that, you'd have to pardner up with someone who could handle himself in a dark alley. So there's my theory in a nutshell guys. If you were a German or a fake German living in a close by, but not yet German country, and your name was too common for people to remember, you either had to give them a name they couldn't forget ... or go start a war."

And some folks just watch teevee... ♦

Free sheet music from the ol' Ditters himself! If you can play this, you're better than most mental patients. [https://imslp.org/wiki/Andante_cantabile_\(Dittersdorff%2C_Carl_Ditters_von\)](https://imslp.org/wiki/Andante_cantabile_(Dittersdorff%2C_Carl_Ditters_von)).



VP — Answers in the next edition

ACROSS

1. X-rated stuff
5. Declare openly
9. Z-Series blade maker
14. Yothers of "Family Ties"
15. Prefix with gram
16. Sticky
17. Jump shots have them
18. Talk like thish
19. Adams who photographed Yosemite
20. VP of the CIA?
23. Suffix with legal
24. Battleship letters
25. "Lost" actor Daniel ___ Kim
26. Mormon Church inits.
29. Like some modern pirates
31. Has title to
32. "My lips ___ sealed"
33. Work (up)
34. Country music's Paisley
35. "Garfield" dog
36. VP of the Kremlin?
39. New York's ___ Field
40. Final four?
41. Class that might have finger painting and naptime
42. Prefix with lateral
43. Mia of "Ferris Bueller's Day Off"
44. Just enough to whet one's appetite
46. Saldana of "Avatar"
47. Cy Young Award factor
48. Writer Umberto
49. One of a snorkeler's pair
50. VP of the Screen Actors Guild?

53. South American capital city whose name translates to "the peace"
56. Pop ___
57. Big boats
58. Sundance entry, usually
59. ___ contendere (court plea)
60. Fraction of a min.
61. Burn badly
62. Bite like a rat
63. "Sock ___ me!"

DOWN

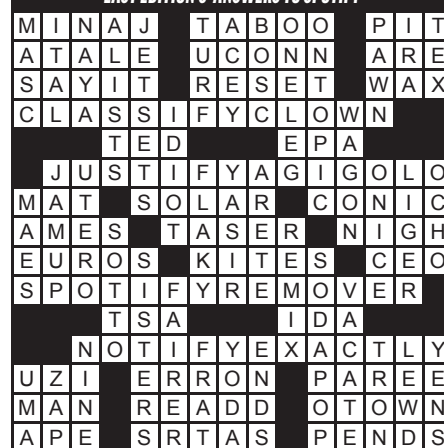
1. Fights (off)
2. 1995 Best Supporting Actress winner
3. Affectionate nickname for the TV comedian called "the thief of bad gags"
4. "Don't ___ me, bro!"
5. Birthplace of St. Francis
6. Crop-damaging animals
7. "Movin' ___" ("The Jeffersons" theme)
8. 2013 film that was rated PG-13 for "intense frightening zombie sequences"
9. Skateboarders and snowboarders compete in them
10. Four-star
11. NYSE listings
12. Thing to drive off of
13. Olive ___
21. Announced a decision
22. Classic John Updike short story set in a grocery store
26. Tenet of chivalry
27. It may be requested when

- approaching the bar
28. "Get it?"
30. Jai ___
31. Language of eastern India
34. It became an Olympic sport at the 2008 Summer Games in Beijing
35. Neither esta nor esa
37. "Didn't ___ you?"
38. Slangy request for a high-five
39. Informal comeback to "How come?"
43. Took by force
44. "Don't delay!"
45. "Romanian Rhapsodies"

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- composer
48. ___ Gay, historic plane displayed by the Smithsonian
50. Colorado ski resort
51. Nobel Prize subj.
52. Eastern royal
53. Sue Grafton's "___ for Lawless"
54. Nelson Mandela's org.
55. Making out on a park bench, e.g., in brief

LAST EDITION'S ANSWERS TO SPOTIFY





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